

552,838

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization
International Bureau



(43) International Publication Date
25 November 2004 (25.11.2004)

PCT

(10) International Publication Number
WO 2004/101078 A1

(51) International Patent Classification⁷: **A63B 23/02**

(21) International Application Number:
PCT/KR2004/001135

(22) International Filing Date: 13 May 2004 (13.05.2004)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
10-2003-0032110 15 May 2003 (15.05.2003) KR

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AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN,
CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI,
GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE,
KG, KP, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG,
MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG, PH,
PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN,
TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

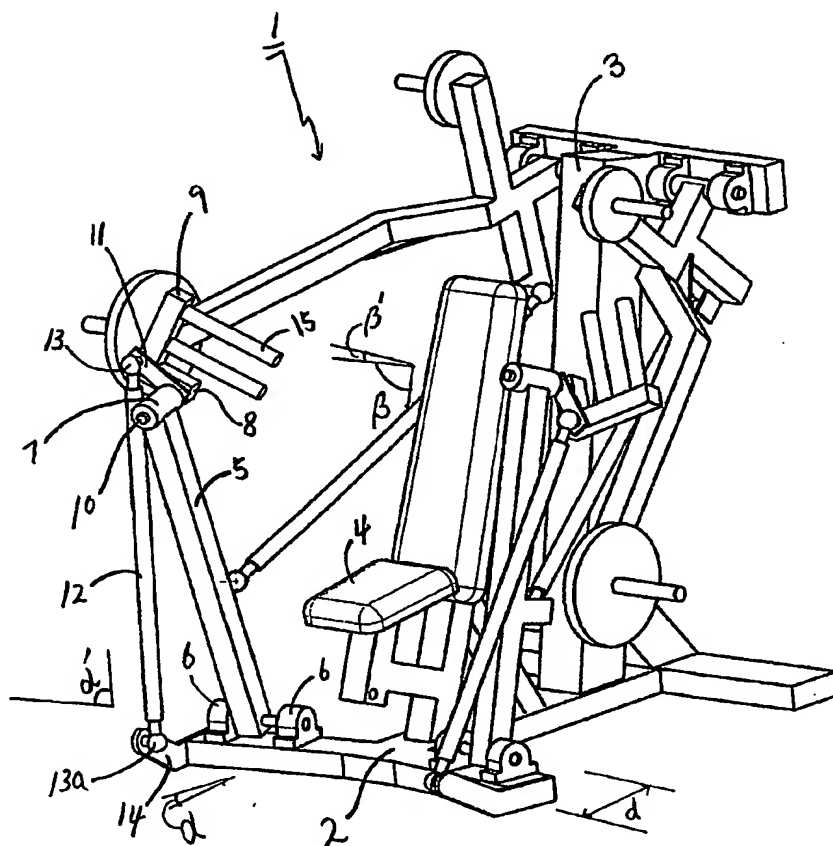
(84) Designated States (unless otherwise indicated, for every
kind of regional protection available): ARIPO (BW, GH,
GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM,
ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM),
European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI,
FR, GB, GR, HU, IE, IT, LU, MC, NL, PL, PT, RO, SE, SI,
SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ,
GW, ML, MR, NE, SN, TD, TG).

(81) Designated States (unless otherwise indicated, for every
kind of national protection available): AE, AG, AL, AM,

Published:
— with international search report

[Continued on next page]

(54) Title: APPARATUS FOR THREE-DIMENSIONAL ANAEROBIC EXERCISE



(57) Abstract: Disclosed is an apparatus for three-dimensional anaerobic exercise including: A seat mounted on the base frame; handle linkages each inclinedly mounted at right and left sides of the base frame to form an angle $\frac{\pi}{4}$ in front of the seat; a bearing box mounted on the front end of the handle linkage; first and second handle frames rotatably mounted on a handle shaft; a handle side lever fixed between the first handle frame and the bearing box in such a manner as to form a predetermined angle with respect to the first handle frame; and an auxiliary linkage connected at an upper end to the handle side lever via a ball joint and mounted at lower end on a fixed lever fixed to the lower end of the front side of the base frame via a ball joint to form a distance (d).

WO 2004/101078 A1



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